

# Nutrition Fact Sheet

Up-to-date nutrition information  
for the health care professional

---

## WIC Formulas for Infants and Children

### Breastfeeding is the First Choice

The WIC Program actively promotes and supports breastfeeding as the first choice for infant feeding. Breastmilk provides superior nutrition and immunological benefits and fosters close parent/child relationships. However, when a mother decides to partially breastfeed or not to breastfeed, WIC provides infant formula.

### WIC Program Formulas

State WIC Programs determine which formulas to provide based on Federal WIC Regulations (including contracting requirements), retail availability, and needs identified by local agencies and WIC participants.

### Contract Formulas

Because the various standard formulas are nutritionally equivalent, the Wisconsin WIC Program is able to contract with one manufacturer for the routine provision of iron-fortified standard infant formulas (milk- and soy-based formulas containing at least 10 mg iron/liter at a dilution of approximately 20 kcal per ounce). Food cost savings are used to enroll additional women, infants, and children in WIC. Through December, 2004, the contract is with Ross Products Division for the routine provision of *Similac with Iron*, *Similac Advance with Iron*, *Isomil*, *Isomil Advance Soy*, *Similac Lactose Free*, and *Similac Lactose Free Advance*.

We request your assistance to:

Ø Actively promote and support breastfeeding prenatally, at birth, at hospital discharge, and throughout the first year of life. See the Wisconsin Breastfeeding Coalition Position Statement on the internet at

[www.perinatalweb.org/association/pub\\_mSum.html](http://www.perinatalweb.org/association/pub_mSum.html) or request a copy, entitled “Wellness Promotion Through Breastfeeding Support,” by calling your local WIC Project or the Wisconsin WIC Breastfeeding Coordinator at 608/267-3694. Also, request to participate in the American Academy of Pediatrics’ “Breastfeeding Promotion in Pediatric Office Practices Program” on the internet at <http://www.aap.org/advocacy/bf/bppop.htm> or call AAP at 847/228-5005.

Ø For formula-fed infants who are eligible for WIC, recommend use of the WIC contract formulas. If hospital nursery(s) provide different formulas, encourage parents to obtain contract formula samples from WIC or to buy it on their own until they can be enrolled in WIC, or assure parents that changing formulas upon entry into WIC is OK.

### Noncontract Standard Formulas

WIC may provide noncontract standard iron-fortified formulas to infants with intolerance symptoms to a contract formula only when inappropriate feeding practices are ruled out as a cause AND with a physician’s prescription. WIC Project Registered Dietitians or nutritionists will assess feeding practices and make recommendations for changes before providing noncontract iron-fortified standard formulas (even if the client has a prescription), and refer to a physician for further evaluation as appropriate.

Ø If prescribing a noncontract standard iron-fortified formula, include information on your assessment of feeding practices with your prescription.

### Special Formulas

WIC provides special formulas upon a physician's prescription with diagnosis and intended length of use. To date, the formulas are Alimentum, Alimentum Advance, Nutramigen, Nutramigen LIPIL, Enfamil EnfaCare LIPIL, Similac NeoSure Advance, Kindercal, PediaSure, Enfamil AR, Enfamil AR LIPIL, Neocate, Pregestimil, Portagen, Similac PM 60/40, Pediatric E028, Elecare, and Neocate One+.

Ø In prescriptions, include the diagnosis, intended length of use of the formula, and any other health information that will assist WIC staff in providing appropriate nutrition counseling. WIC Medical Referral forms, which facilitate this process, are available from local WIC projects.

Ø For special formulas that need to be special-ordered by pharmacies, please work with your discharge planner, a WIC-approved pharmacy (list available from your local WIC Project), the local WIC Project, and/or a formula company representative to assure that the patient will be able to get the prescribed formula when it is needed.

### Quantities Provided

The maximum quantities of formula WIC can provide per month are: 403 fl oz concentrated liquid (31 13-fl oz cans), 8 pounds powder (8-10 cans, depending upon can size), or 806 fl oz ready-to-feed. Children with special needs may receive an additional 53 fl oz concentrated liquid, 1 pound powder, or 104 fl oz ready-to-feed, if needed.

### Needs Beyond WIC

Examples of situations when WIC cannot meet an infant or child's formula needs are:

- the quantity needed is greater than what WIC can provide,

- the formula is not provided by WIC,
- a child needs some formula to supplement a regular diet, thus benefits most from regular foods from WIC and formula from another source,
- the family chooses not to participate in WIC, or
- the family is not income-eligible (i.e., greater than 185% of the U.S.DHHS poverty line) or categorically eligible (i.e., children 5 years of age and older) for WIC.

When special formula needs are not met by WIC, alternatives are:

Ø If the child is on Medicaid or BadgerCare and is enrolled in a Medicaid/BadgerCare HMO, contact that HMO.

Ø If the child is on Medicaid or BadgerCare but is not in a Medicaid/BadgerCare HMO (i.e., is fee-for-service), contact the Wisconsin Medicaid Program's provider services (1/800/947-9627 or 608/221-9883).

Ø For a special formula needed in the treatment of a congenital or metabolic disorder, contact the UW Waisman Center Biochemical Genetics Clinic in Madison (608/263-5981), the Children's Hospital of Wisconsin Metabolic Clinic in Milwaukee (414/266-2245), or Marshfield Clinic (715/387-5480).

Ø If the family has private insurance, contact that insurance provider.

### Thank You for your Support of WIC

For more information, contact your local WIC Project, call the Hotline (1-800/722-2295 or, in Madison area, 266-9960), or visit the WIC web site at [www.dhfs.state.wi.us/WIC/](http://www.dhfs.state.wi.us/WIC/).

---

Endorsed by: